



## Game Meat Vegetable Soup

Makes 8 servings | **Vegetables** • **Protein**

### Ingredients

- 4½ cups low-sodium chicken, beef, or vegetable broth
- ½ cup onion, diced
- 2-3 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 10-ounce package frozen mixed vegetables, or 2 cups canned mixed vegetables
- 15-ounce can diced tomatoes
- ¾ pound cooked game meat, cut into cubes or ground
- Salt to taste

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large saucepan, mix together broth, onion, Italian seasoning, bay leaf, and black pepper. Heat.
3. Stir in mixed vegetables and cooked meat, but not tomatoes.
4. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
5. Stir in tomatoes. Heat through.
6. Add salt to taste, if desired. Serve warm.

### Variation

**Add Grains-** Add 2 cups cooked macaroni noodles with step 4.

**Swap the Meat-** Swap the cooked game meat for 8-10 patties (1.5 ounce patties), thawed and diced. Or, use turkey, hamburger, ground chicken or pork instead of game meat.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>



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## Game Meat Pasta Fagioli

Makes 6 servings | Grains • Dairy • Protein

### Ingredients

- 2 cups game meat *CNP Meat Sauce*, frozen and thawed (below)
- 1 15-ounce can chili beans (undrained)
- 1 cup whole-wheat pasta (macaroni, penne, etc.)
- 2-3 teaspoons Italian or CNP Mexican Seasoning (as desired)
- ½ cup shredded low-fat cheese

### Directions

1. Wash hand with soap and warm water for 20 seconds.
2. Cook pasta following package directions. Drain.
3. In a large saucepan or electric skillet, combine all ingredients except cheese. Heat through.
4. Add cheese at the end and heat until melted.

## CNP Meat Sauce

Makes 4 cups | Protein • Vegetables

### Ingredients

- 1 pound lean ground meat (beef, turkey, game-elk, deer, antelope, bison, etc.)
- ¼ cup onion, chopped
- 1-2 garlic cloves, chopped (½ teaspoon garlic powder)
- 2 ounces tomato paste plus 2 ounces of water, or ½ 8-ounce can of tomato soup
- 1 8-ounce can of tomato sauce
- ¼-½ teaspoon salt

### Directions

1. Wash hands in warm, soapy water.
2. Brown meat in large skillet, saucepan, or electric skillet on medium high heat. Drain fat, if desired.
3. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
4. Place 1-cup portions in freezer-quality, resealable plastic bags. Label and freeze.

### Variations

**Add Vegetables-** Shred 3 medium carrots and add after meat is cooked.



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## CNP Meat Sauce

Makes 4 cups | 4 servings | Protein | Vegetables

### Ingredients

- 1 pound lean ground meat (beef turkey, game)
- ¼ cup onion, chopped
- 1-2 garlic cloves, chopped (½ teaspoon garlic powder)
- 2 ounces tomato paste plus 2 ounces of water, or ½ 8-ounce can of tomato soup
- 1 8-ounce can of tomato sauce
- ¼-½ teaspoon salt, to taste

### Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Brown meat in large skillet, saucepan or electric skillet on medium high heat. Drain fat, if desired.
3. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
4. Place 1-cup portions in freezer-quality, resealable plastic bags. Label and freeze.

### Variations

**Add Vegetables-** Shred 3 medium carrots and add after meat is cooked.



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## Create Your Own Ramen Soup

Makes 4-6 servings | **Vegetables** • **Protein** • **Grains**

### Ingredients

- 2 Tablespoons oil
- Ingredients from the table below
- 2 packages any flavor ramen

<b>Broth</b> 4-6 cups	<ul style="list-style-type: none"> <li>4-6 cups of low-sodium vegetable, beef, or chicken broth + ¼ - ½ cup soy sauce</li> <li>2-3 cups tomato sauce + 2-3 cups low-sodium broth</li> <li>4-6 cups water + 1 flavor ramen packet + ¼- ½ cup soy sauce</li> </ul>
<b>Proten</b> 1 cup	<ul style="list-style-type: none"> <li>Beans or lentils (canned or cooked)</li> <li>Beef, chicken, game, ham, lamb, pork, turkey, or veal, thinly slices or cubed (cooked)</li> <li>Tuna, salmon, or other fish (canned or cooked)</li> </ul>
<b>Flavoring</b> Choose 1 or more	<ul style="list-style-type: none"> <li>3 tablespoons vinegar</li> <li>2 garlic cloves or ½ teaspoon powder or 1 teaspoon minced.</li> <li>2 tablespoons fresh ginger or ¼ teaspoon dry ginger</li> <li>1-2 teaspoons dried herbs</li> </ul>
<b>Vegetables</b> 2-3 cups cooked fresh, frozen, or canned	<ul style="list-style-type: none"> <li>Broccoli</li> <li>Carrots</li> <li>Celery</li> <li>Corn</li> <li>Green beans</li> <li>Leafy greens (spinach, kale )</li> <li>Mushrooms</li> <li>Mixed vegetables</li> <li>Onion</li> <li>Peas</li> </ul>
<b>Topping</b> 2-4 Tablespoons	<ul style="list-style-type: none"> <li>Halved boiled egg</li> <li>Green onions</li> <li>Sesame seeds or crushed nuts</li> <li>Corn</li> <li>Bean sprouts</li> </ul>

Directions on the back →



## Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Choose at least one item from each row on the chart on the first page.
3. Cut chosen ingredients. Cook protein foods, if raw.
4. If using fresh garlic and/or ginger sauté with 2 tablespoons oil.
5. Add in broth and chosen aromatics.
6. Bring to boil.
7. Add in vegetables.
8. Reduce heat let simmer for 9 minutes.
9. Add ramen, continue to let simmer for an additional 3-4 minutes until noodles are soft.
10. Garnish with toppings, as desired.



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# Creamy Rice Pudding

Makes 3 cups | 6 servings | **Vegetables** • Protein

## Ingredients

- 3 cups low-fat milk
- ½ cup sugar
- 1 Tablespoon margarine
- 1 teaspoon vanilla
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup raisins (optional)

## Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. In saucepan, combine rice, milk, sugar, and margarine. Cook over medium heat until thickened, about 30 minutes, stirring often.
3. Add vanilla, spices, and raisins. Pour into a serving dish. Serve hot or cold.



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